

## EDITED KSA LISTING

### CLASS: PHYSICAL TESTING & EVALUATION SPECIALIST

*NOTE: Each position within this classification may be required to possess all or some of these knowledge, skills or abilities.*

| #   | Knowledge, Skill, Ability  |
|-----|--|
|     | <b>Knowledge of:</b>   |
| K1. | Comprehensive knowledge of the principles and techniques of physical fitness testing and evaluation to effectively assess a candidate's physical condition.                    |
| K2. | Comprehensive knowledge of the principles of human anatomy and physiology to effectively assess a candidate's physical condition.  |
| K3. | Comprehensive knowledge of the various methods of aerobic exercise to effectively administer the physical abilities test.  |
| K4. | General knowledge of the significance of basic nutrition and its value to a good physical maintenance program to effectively counsel candidates.                               |
| K5. | Comprehensive knowledge of the basic cardiopulmonary resuscitation to ensure the health and safety of candidates and to effectively use medical equipment during an emergency. |
| K6. | General knowledge of the principles of effective training techniques to effectively counsel candidates.  |
| K7. | Comprehensive knowledge of the proper skin fold measurement techniques to accurately determine a candidate's body fat percentage.  |
| K8. | Comprehensive knowledge of the blood pressure reading before, during and after testing to accurately determine a candidate's blood pressure response.                          |
| K9. | Extensive knowledge of the maximal and sub maximal exercise testing techniques to effectively administer the physical abilities test.  |

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| #          | Knowledge, Skill, Ability   |
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|            | <b>Skill to:</b>  |
| <b>S1.</b> | Effectively manipulate and calibrate physical abilities testing equipment to ensure you receive accurate results for each candidate.  |
| <b>S2.</b> | Evaluate risk factor and health data to ensure the candidate is capable of performing the physical abilities test.  |
| <b>S3.</b> | Prescribe individualized diet and exercise programs to unsuccessful candidates to prepare the candidate to improve their physical fitness to a level adequate to pass the physical abilities test.    |
| <b>S4.</b> | Give clear and precise instructions to effectively communicate with candidates and other staff.   |
| <b>S5.</b> | Respond effectively and administer basic cardiopulmonary resuscitation in emergency situations to ensure the health and safety of candidates.   |
| <b>S6.</b> | Work cooperatively with others as a team in order to ensure productivity of the unit.   |
| <b>S7.</b> | Work under general supervision to effectively perform the duties of a Physical testing & Evaluation Specialist.   |
| <b>S8.</b> | Conduct training sessions on physical fitness and health maintenance, practices and benefits to improve staff skills and knowledge for the correct application of standards, policies and procedures. |

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| #  | Knowledge, Skill, Ability   |
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| <b>Special Personal Characteristics:</b> |   |
| <b>SPC1.</b>                             | Dependability in your career in order to effectively accomplish the mission goals and objectives of the Office of Peace Officer Selection.  |
| <b>SPC2.</b>                             | Good judgment and integrity in order to think/respond effectively to situations encountered during your duties as a Physical Testing & Evaluation Specialist.                           |
| <b>SPC3.</b>                             | Tact and courtesy in order to communicate effectively with individuals of diverse cultural backgrounds, various professions, and personalities.   |
| <b>SPC4.</b>                             | Display interest and knowledge of health and physical fitness maintenance in order to effectively accomplish the mission goals and objectives of the Office of Peace Officer Selection. |
| <b>SPC5.</b>                             | <b>Neat/Professional appearance when representing the department and performing the duties of a Physical testing &amp; Evaluation Specialist.</b>                                       |

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| #  | Knowledge, Skill, Ability   |
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| <b>Special Physical Characteristics:</b> |   |
| <b>SPhC1.</b>                            | Possess and maintain the necessary physical strength to perform the duties of a Physical Testing & Evaluation Specialist (e.g., manipulate and calibrate testing equipment, perform CPR, etc.). |

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|      | <b>Willingness to:</b>  |
| WC1. | Willingness to travel.  |
| WC2. | <b>Willingness to work overtime and on-call hours as required.</b>  |
| WC3. | <b>Willingness to work weekend work shifts (that is, Saturday and/or Sunday shifts) in emergency situations on an as-needed basis.</b>                          |
| WC4. | <b>Willingness to travel to work sites away from assigned work location, which could require extended hours of work and/or overnight or multiple-day trips.</b> |
| WC5. | <b>Willingness to have and maintain a valid first aid and/or CPR certificate.</b>   |
| WC6. | <b>Willingness to participate in on-going education specific to your work assignment.</b>   |